Track Cleats Spikes Replacement

This guide will show people how to replace the spikes on the bottom of track cleats.

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INTRODUCTION

People who run track often use a specific shoe when running, called a track cleat. Track cleats are great for achieving maximum performance when competing or training.

Track cleats, like any other equipment, need to be maintained. This guide will demonstrate how to maintain track cleats, and replace the spikes on the bottom of the sole.

Before beginning, it's recommended to clean any dirt or muck out from around the spikes to make removal easier.

If the cleat spikes are rusted or stuck, try adding a spritz of WD-40 around the threads, wait a few moments for the lubricant to settle in, and then try again.

TOOLS:

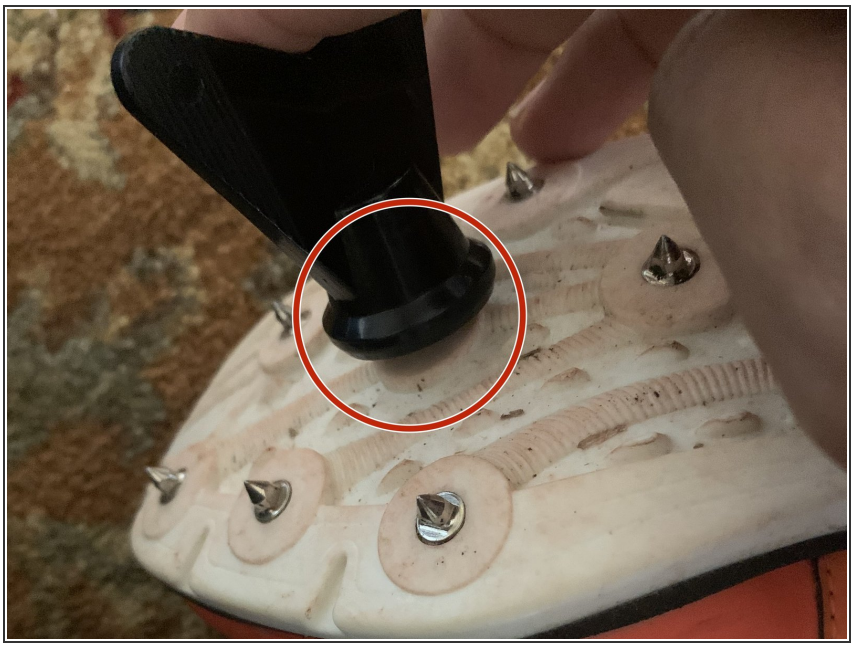
- Track Spike Wrench (1)

PARTS:

- Track Cleat Spikes (1)

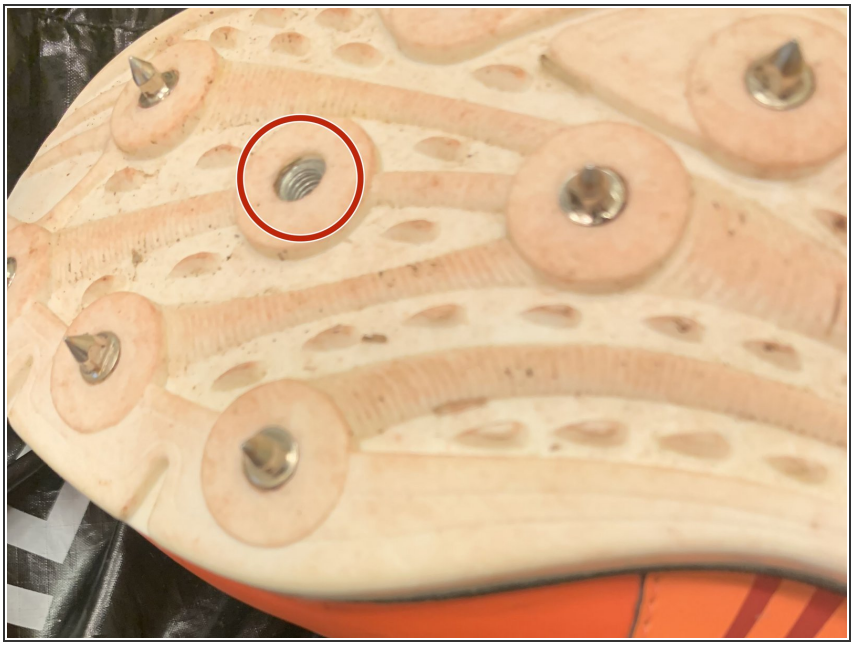
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Step 1 — Spikes



- Place a cleat wrench over the spike and rotate it clockwise until it locks in place.

Step 2



- Rotate the wrench counterclockwise 4 to 5 times, or until the spike detaches from the sole.

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Step 3



- Repeat Steps 1-2 to remove the remaining spikes.

Step 4



- Clean the sole and screw holes using dish soap, a sponge or cloth, and warm water.

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Step 5



- Dry the shoe with a towel, and allow the sockets time to fully dry before installing new spikes.

⚠ Do not screw spikes into wet or damp sockets as the spikes will likely rust, making them extremely difficult, if not impossible, to remove in the future.

Step 6



- Grab the new spike and place the thread into the screw hole. Screw the spikes clockwise back in place.

ⓘ Screw the spikes until tight, then rotate another 1/16 of an inch. Be sure not to over-tighten the spikes.

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Step 7



- Repeat Step 6 for the remaining spikes.

Step 8



- Make sure all the spikes are tight, and then proceed to test out shoes on an appropriate surface.

  Always test new spikes before racing.

Have fun running!

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